S
13.705
J26Mjh
Fall 1986

PLEASE RETURN

Fall 1986

MONTANA J·O·U·R·N·A·L

Montana Association for Health, Physical Education, Recreation and Dance

STATE DOCUMENTS COLLECTION

NOV 17 1986

MONTANA STATE LIBRARY
1515 E. 6th AVE.
HELENA, MONTANA 59620

MAHPERD

Montana State Library
3 0864 1006 2551 9

TABLE OF CONTENTS

PRESIDENT'S MESSAGE
Cissy Filcher..... 2

EDITORIAL
Gary Gray..... 4

A CHALLENGE FROM THE LEGISLATIVE AFFAIRS COMMITTEE..... 4

THEY CALL IT FREESTYLE
Jean Osborne..... 5

NASPE'S STEP PROJECT IS EXPANDING
Bill Denniston..... 6

STATE SUPERVISOR'S MESSAGE
Spencer Sartorius..... 6

AMERICAN HEART ASSOCIATION UNIVERSITY TRAINING NETWORK
Greg Newman..... 8

JUMP ROPE FOR HEART NEWS..... 9

93 MONTANA SCHOOLS "JUMP" FOR HEART
Emilee DeKam..... 9

A PRUDENT APPROACH TO ACCIDENTS IN THE SCHOOLS
Robert Grueninger and Harry Harkins..... 11

1986 CONVENTION INFORMATION FROM THE PRESIDENT
Cissy Filcher..... 12

CONVENTION REGISTRATION FORM..... 13

HELENA AREA CHAMBER OF COMMERCE HOTELS AND MOTELS..... 14

TENTATIVE CONVENTION PROGRAM
Jeri Domme and Helen Chrest..... 15

PROMOTING HEALTH FOR THE HEALTH OF IT
Dawn Graff-Haight..... 21

U.S. SENATE RESOLUTION..... 23

FINDING A JOB IN HPER
Jackie Nye..... 23

CHILDREN NEED QUALITY DAILY P.E. 24

COVER DESIGN COURTESY OF MR. JOE HEINS, OFFICE OF NEWS MEDIA SERVICES, EASTERN MONTANA COLLEGE, BILLINGS, MONTANA 59101

PRESIDENT'S MESSAGE
BY
CISSY FILCHER
MAHPERD PRESIDENT
STEVENSVILLE SCHOOL DISTRICT

Convention time is nearly here. I sincerely hope that you plan to attend your annual convention this year. MAHPERD is very pleased and excited to host the President's Council on Physical Fitness and Sport. The convention program is outstanding! Don't miss this rare opportunity for an exceptional conference and educational experience.

MAHPERD has had a very busy and progressive year in 1985-86. Priorities, challenges, and goals were accepted and acted upon. Decisions and action strategies have been initiated. To summarize, I will briefly list some happenings and accomplishments.

CONVENTIONS -- Montana had good representation at both the Northwest District and National conventions, with many Montana professionals attending. Congratulations to MAHPERD Past-President, Joel Meier, who was chosen as the Northwest District Reoresentative to AAHPERD, and to Dave Oberly, who was elected President-Elect of Northwest District. Along with Idaho and Wyoming, Montana members hosted one of the most well-received socials at the National Convention.

LEGISLATIVE AFFAIRS -- MAHPERD was very actively involved this year in legislative affairs. Lobbying efforts (letters, personal contacts, and phone calls) were carried out by the MAHPERD board and members concerning the Foundation Program, P. E. being included as part of the Basic Education definition, support for the position of State Supervisor of Health and P. E., and the middle school requirements and recommendations for curriculum.

Curt Shirer, President-Elect, Joel Meier, and Dave Oberly attended the Presidents-Elect Conference in Washington, DC and participated in the first National Legislative Fitness Day. Senator Max Baucus was one of thirteen Congressmen who took the assessment test.

On June 3, 1986, Senator Stevens introduced a congressional resolution on quality daily physical education in the Senate, and Representative Beverly Byron introduced the same resolution in the House. AAHPERD is working for us in a national lobbying effort "to express the sense of the Congress that state and local governments and local educational agencies should require quality daily physical education programs for all children from kindergarten through twelfth grade."

A Legislative Affairs Committee for MAHPERD was selected at the Spring board meeting. It is a priority of this committee to become effective and establish a good networking system for MAHPERD and to keep aware of any legislation concerning our organization.

SPRING BOARD MEETING -- MAHPERD board members attended a two-day meeting in May. A lot was accomplished at this very productive meeting by the group who gave up a weekend to work very diligently on MAHPERD concerns. The outcome of this meeting will become apparent and will affect change and promote progress. A new membership committee was established. It is the commitment of this committee to increase membership, promote awareness, and devise ways to provide more

service to our members. A plan to create a Membership Directory was devised. This directory will be available to all MAHPERD menbers each year.

MISSION POSSIBLE -- A new committee for Mission Possible was appointed. As a service to our members, Mission Possible will have a completed, updated packet of program justification materials that will be available upon request by any member whose position or program may be in jeopardy or for anyone else who may need such materials to prepare for a presentation.

JUMP ROPE FOR HEART -- Jump Rope For Heart had another very successful year, thanks to Coordinator Emilee DeKam, the Montana Heart Association, and all of you individual coordinators across the state.

These were only a few of the accomplishments made this year. MAHPERD has been working for you, at the state level and also through continual contact with Northwest District and AAHPERD leaders. Montana AHPERD is strong, and as your outgoing President, I wish to THANK all the hard-working and dedicated individuals on the MAHPERD board and committee members who have helped MAHPERD to accomplish the goals I set at the beginning of my tenure. My heartfelt thanks to each of you for your support, encouragement, and hard work!

TO SHARE IS TO CARE -- TO SHARE IS TO GROW. You all shared so willingly, you cared and we all grew as a result. In conclusion, for my last official entry into the JOURNAL, I wish to say, "Be goal-oriented and look to the future optimistically and enthusiastically."

P. S. THINGS TO LOOK FORWARD TO:

OUTSTANDING CONVENTION AND SOCIAL -- October 16-17.

JUMP ROPE FOR HEART -- Continue to be a coordinator. If you have never been one, have a Heart and do it this year; you'll be glad you did!

NORTHWEST CONVENTION will be in Billings this year. Attend this fine convention in your own state. Make it the best attended Northwest Convention in history! If you've never attended a Northwest Convention, now is your chance -- it's at home!

MEMBERSHIP DIRECTORY -- A new service to the membership!

NATIONAL CONVENTION is in Las Vegas this year. Need I say more?

Professionally yours,

Cissy

Cissy Filcher
MAHPERD President

EDITORIAL
BY
GARY GRAY
MAHPERD JOURNAL EDITOR
ASSISTANT PROFESSOR OF HPER
EASTERN MONTANA COLLEGE
BILLINGS

I hope you've noticed the new look of our MAHPERD JOURNAL. Several things are different. We have gone to a two color, glossy cover, probably the most noticeable change. The inside reflects a change to two-column computer print. This format allows us to produce the best appearing product for the dollars spent.

In an effort to constantly upgrade the appearance and substance of the JOURNAL, we are always anxious to receive your input. Your suggestions are always welcome. However, the most important way you can contribute to the JOURNAL is by submitting ANY article of interest for publication consideration. It would be an editor's dream to have an abundance of material from which to choose. Articles can be of ANY length and can relate to any area within health, physical education, recreation, dance, coaching, etc. The material can be research-oriented, how-to, informational, or of any other format worthwhile to MAHPERD members. Please send a typed manuscript to: Gary Gray, Division of HPER, Eastern Montana College, Billings, MT 59101.

Why not contribute to HPERD in Montana by sharing some knowledge or information with other Association members? After all, our students will benefit as we all grow, learn, and communicate. Please submit all articles by January 1, 1987, for the Spring, 1987, issue.

Please accept this invitation to publish in our new MAHPERD JOURNAL.

A CHALLENGE
FROM THE
LEGISLATIVE AFFAIRS COMMITTEE

It appears that Montana education is in for quite a struggle once again in the next biennium. Each MAHPERD member must become active to insure not merely the continuation of, but actually the growth of, quality health and physical education in Montana schools. A detailed plan of legislative action will appear in the Spring, 1987, issue of the MAHPERD JOURNAL.

However, there is something extremely important that each member can do right now. Contact your local legislators and invite each one to your health and physical education classes. Make the invitation specific for a particular time and date rather than merely an open invitation to drop in any time. Obtain a commitment that the legislator will be present. Plan a special class period so that your guest will receive as much insight as possible into your program.

Continue the relationship with the legislator and provide follow-up materials regarding the importance of QUALITY, DAILY physical education instruction by a trained professional.

Let's not retreat; let's advance and build stronger programs and let's do it wisely.

THEY CALL IT FREESTYLE

BY
JEAN OSBORNE
HEALTH AND PHYSICAL EDUCATION
BILLINGS PUBLIC SCHOOLS
MAHPERD VICE-PRESIDENT--DANCE

Freestyle -- that's what they call the type of dance we see today. How "free" can one be while in a body lock with a partner moving in a robot-like sway? May I suggest the physical education realm can help prevent future generations from becoming victims of freestyle? The intention is not to stiffle but to enhance and supplement the knowledge of social dance.

This past school year (85-86), I had the privilege of teaching junior high school physical education, during which social dance was indeed a highlight. Our unit objective was to have the learner interact in a socially acceptable manner and develop rhythm and coordination. Emotions ranged from nervous and shy to anxious and pleased, but overall the kids looked forward to the unit.

Students reviewed the material from the previous year, which served as an icebreaker and a confidence builder. Dance steps were introduced and variations added as the students were ready to progress. At the end of the three week unit (6 one-hour classes), the kids were easily on target with our objectives. Students even developed their own style! Included in their repetoire were classics such as the fox trot, waltz, tango, cha-cha, polka, and jitterbug. Just think of the new dimension weddings will take on for those kids. As a matter of fact, one student thanked her teacher since she danced throughout an entire reception with young and old alike. Those of us who taught the unit were pleased with the students' progress in coordination and rhythm. However, the social aspects were not overlooked.

As educators, we must remember "dance" can be awkward. Just mention the word and see students wipe sweaty palms, dab a little extra perfume or cologne, and quickly check their breath! Part of our instruction should be social. We must create an atmosphere that is friendly and supportive. For instance, allow the students to wear street clothes and require only tennis shoes. Explain to the kids that they might experience some nervous perspiration. Explain also that they are expected to dance with everyone regardless of like or dislike. The teacher even needs to suggest topics for conversation while students are dancing. We need to assure them their responses are natural, and experience will bring about confidence.

Another important social aspect is music selection. Kids can only listen to Arthur Murray's dance album for so long. Use it but use contemporary music as well. Call a radio station for the Top 40 list and check the local record shop for a possible donation or discounted price on music; just ask!

For too long we have neglected social dance as an integral part of our curriculum. The excuses are many, such as not enough time or the kids will not cooperate. We even have insecurity among our ranks. But now we are aware of the benefits dance can have upon fitness levels as well as the social skills our students can master through a dance unit. If

we emphasize and encourage lifetime sports and recreational skills through physical education, then we need to include social dance as an option for students to pursue. So next time Billy is asked what he learned in school and he literally waltzes Mom across the kitchen floor, imagine their joy -- and ours!

(Special thanks to my colleagues at Will James and Lewis and Clark Junior High Schools in Billings who shared with me what they have known all along).

NASPE'S STEP PROJECT IS EXPANDING

BY
BILL DENNISTON
NASPE

The Sport Training Education Program (STEP) is expanding from five to fifteen activities in 1986. This videotape instructional program introduced by NASPE last year has created a great deal of interest in expanding to instructional areas which were not included in the introductory sports library. The original sports cover basketball, soccer, tennis, golf, and baseball.

The increasing interest in STEP is a result of our concept-specially edited videotapes in lesson plan format, used in concert with individualized student booklets, evaluation charts, achievement certificates, and instructors' manuals. No matter what the participants' skill level, the overall program in STEP creates interest and assists both the student and teacher.

All those involved are excited about the project's expansion in 1986. The new instructional areas tentatively set for review by the Secondary School Physical Education Council are: volleyball, badminton, weight training, self defense, basic motor skills, field hockey, flag football, creative dance, health-related fitness, and softball. Expert authors will be utilized for the development of the new activities following the format established in the initial five sports. The five introductory activities in STEP will continue to be available at extremely low package prices featuring FREE achievement certificates, evaluation charts, and instructors' manuals.

Futher information about the program can be obtained by contacting NASPE, c/o Bill Denniston, 1900 Association Drive, Reston, VA 22091 or call (800) 782-8787.

MESSAGE FROM THE STATE SUPERVISOR OF HEALTH AND PHYSICAL EDUCATION

SPENCER SARTORIUS
HELENA

This message is rather difficult for me to do since it is only June 25, but it is either "now or never." This Friday, I leave for the remainder of the summer on a 1,000+ mile backpacking trip along Montana's Continental Divide. The trip is part of a Centennial Project which will culminate in our centennial year, 1989.

Right now, the trip is occupying most of my thoughts; working on maps, figuring menus, modifying my pack, breaking in boots, and so on. I will be travelling with Bob Briggs, OPI Science Supervisor, and we plan to leave from Old Faithful in Yellowstone Park on June 28 and finish in Waterton

Park on the Montana/Canada border, August 31. The trip has been two years in the planning and has been made possible by support from my office, MAHPERD, local businesses, and numerous national corporations. We hope to have a slide show developed and look forward to sharing our trip with all MAHPERD members.

Already this summer, we have held two highly successful workshops. The Rocky Mountain Health Promotion Conference (Rocky II) continues to grow , and we become more and more excited about its impact on teachers and schools. This year, we had almost 100 participants attend the conference at EMC in Billings. Sessions included nationally recognized speakers in a variety of health- and wellness-related fields. Plans are already in the works for Rocky III, so don't miss it!

The next week, we held our 4th Annual Physical Management Summer Seminar at the Circle 8 Dude Ranch, west of Choteau. Like last year, the workshop was full with 24 people attending from eight different states. In fact, 19 of the 24 were from out-of-state! This has been a very successful workshop where participants "live and learn" the physical management program of working with overweight students. It makes for an enjoyable mix of classroom and outdoor activities.

Some things are happening in Helena which you should be aware of: Of course, you know about the state's economic condition and that the Legislature is meeting now to work on the state's deficit. This may have an impact on school Foundation programs and, also, has possible impacts on my office. The State Superintendent has said that if he is forced to make cuts, the social studies and foreign language programs will be eliminated and my position will be combined with one in School Foods, which will cut back on my time in Health and Physical Education.

A Legislative Committee is working on a definition of a "basic education" to tie into possible future state funding for schools.

MAHPERD is keeping a close eye on the work of this committee to ensure that both health and physical education are considered an integral part of our youths' education.

Several people have commented to me, "When is the state going to make more requirements in health or physical education?" If changes are necessary in either health or physical education, the recommendation should come from the local level or MAHPERD. At that point, I can help channel the recommendations in the right direction. If you think changes should be made, let your MAHPERD officers know and ask them to form a committee to start work on changes.

DON'T MISS THE SECOND ANNUAL
BIG SKY STATE GAMES

BILLINGS

JULY 17, 18, 19, 1987

FOR MORE INFORMATION, CONTACT:

MR. TOM OSBORNE
P.O. BOX 2318
BILLINGS, MT 59103

AMERICAN HEART ASSOCIATION
UNIVERSITY TRAINING NETWORK
BY
GREG NEWMAN
FIELD REPRESENTATIVE
MONTANA HEART ASSOCIATION
GREAT FALLS

The Montana Affiliate of the American Heart Association conducted a pilot project during the 1985-86 year to establish a system to provide heart health education training to teachers in pre-service, in-service, and continuing education settings. Seven of the nine universities and colleges in Montana provided health educator volunteers who attended a workshop at Eastern Montana College and then presented workshops to their local school districts. Regional workshops have been held in all areas of the state; the goal of the program is to initiate AHA's curriculum materials in school health courses. Fifty percent of Montana school districts have participated in the workshops and additional sessions will be scheduled this Fall.

Health and physical education are becoming core subjects in many school systems across the United States. As a nation, we are becoming more health conscious. Much of the challenge of teaching children about health and healthy lifestyles has been assigned to the classroom teacher. From an overall teaching perspective, the University Training Network has great relevancy:
1) It presents a methodology for teaching health-related materials.
2) It makes available current heart health education audio-visuals and print materials applicable at grade levels K-12.
3) It provides a mechanism for continued updating of health education skills.

SPECIFIC GOALS FOR THE TEACHER:

1) To inform teachers about risk factors, their own risk, and how to modify it.
2) To encourage teachers to develop a positive attitude toward heart health.
3) To enhance the teaching of heart health education in the schools.
4) To identify the Heart Association for information and consultation.

SPECIFIC GOALS FOR THE STUDENT:

1) To make informed and healthful food choices.
2) To develop a habit of regular physical exercise and weight control.
3) To maintain a blood pressure within normal limits.
4) To refrain from all use of tobacco products.

The University Training Network can enhance the quality of health education instruction as it increases both teacher and student knowledge of cardiovascular disease. The emphasis of heart health education is valid: HEART DISEASE IS THE LEADING CAUSE OF DEATH AND DISABILITY AMONG AMERICANS. Research into the heart disease risk factors has produced a wealth of knowledge about prevention. Materials presented for the classroom setting have been developed through the American Heart Association by leading education and health professionals and pilot tested in the classroom setting.

For additional information, call 1-800-447-9442.....or write to the Heart Association office at 510 1st Avenue North, #4, Great Falls, MT 59401.

JUMP ROPE FOR HEART NEWS

MAHPERD CONVENTION -- Be sure to visit the MHA Field Representatives, Greg Newman and Tony Fairbanks, at the Heart Booth in the exhibit area. They will have the educational materials and the new prize structure for JUMP ROPE FOR HEART for 1986-87. You'll like the new ideas!

There will be a time and place at Convention for a JUMP ROPE gathering. Look in the program for details.

ROCKY MOUNTAIN RENDEZVOUS -- Possibly the biggest happening for JUMP ROPE in the nation is going to take place in Billings next spring when the Northwest District AAHPERD meets there from March 19-21, 1987, for the annual convention. The ROCKY MOUNTAIN RENDEZVOUS will feature JUMP ROPE Demonstration Teams from all over the United States as they gather to share, perform, and provide a clinic for all teachers and students who attend. Plan to be there.

JUMP ROPE FOR HEART 1986-87 is targeted for the first week in March but can be held anytime during the year. Please support MAHPERD and Montana Heart Association by participating in this very worthwhile project.

93 MONTANA SCHOOLS "JUMP" FOR HEART
BY
EMILEE DEKAM
COORDINATOR
MONTANA JUMP ROPE FOR HEART

Montana was well represented in 1895-86 as 93 schools participated to bring in a gross total of $124,705.66 for education and heart research. This represents our third best year in seven, exceeded only by the all-time high in 1983 with the gross total of $174,630, followed by 1984 with $135,528.

Participating in the 1985-86 JUMP ROPE FOR HEART were 62 elementary schools, 24 junior high schools, 4 high schools, and 3 all-city events. This is an increase of 17 schools over last year. Special recognition goes out to Glenn Iverson of Eastern Montana College and Dona Wallace of Western Montana College for their efforts in coordinating the JUMP ROPE FOR HEART event for several schools in their respective areas.

JUMP ROPE FOR HEART can be such a great educational tool in building a healthy lifestyle at all age levels and is flexible enough to fit into any plan. In looking ahead to the 1986-87 "JUMP", be creative and build the event around the interests of YOUR group of students. Excellent events have been held at the university level of participation too.

Special thanks to all teachers/coordinators and their schools for participation and support of this most worthwhile and rewarding project.

FOLLOWING IS A LIST OF PARTICIPATING SCHOOLS , THEIR TEACHER/COORDINATOR, AND TOTAL GROSS INCOME ROUNDED TO THE NEAREST DOLLAR.

Anaconda JHS, Paul Sullivan, $326
Basin, Janice Hahn, $58
Belfry, John Hargrove, $515
Benton Lake, Margie Schuler, $351
Billings All-city, Glenn Iverson $13,891
Bonner, Hal Bellusci, $1004
Brorson, Linda Schieffer, $715

Browning JHS, Fred Cobell, $231
Canyon Creek, Mike O'Rourke,$1064
Chinook, Nancy Inman, $1807
Clancy, Jennifer Van Valkenburg, $831
Clarks Fork Adventist, Jennifer Knoche, $219
Cold Spring, Beth Blastic,$1634
Columbia Falls JHS, Paul Snyder, $1445
Cottonwood, Theresa Reiser, $412
C.R.Anderson Middle, Dianne Cromer and Patricia Peach, $3433
Dayton, David Riddle, $910
Devlin, Michael Spencer, $217
Dickinson, Roger DiBrito, $774
Edna Thomas, Charles Bentley, $330
Emerson, Maureen O'Brien, $861
Ennis, Art Hartman & Deana Warwick, $632
Eureka, Tom Lee, $169
Four Georgians, Steve Ahmann, $5488
Grant, Linda Flynn, $898
Great Falls All-city, $3834
Hardin, Dick Imer, $6820
Hawthorne, Don Curtice, $1314
Helena Flats, Sally Newberry,$1496
Helena Middle, Emilee DeKam & Dan Purcell, $5926
Hellgate Elem., Candy Johnson, $3872
Highland Park, Terry Sather, $257
Huntley Project, Gary Kuykendall, $1100
Irving, Steve Wheeler, $587
Jefferson, Bill Spitzer, $4023
Judith Gap, Rod Hagan, $458
K. William Harvey, Linda Loman, $1551
Knees, Tedi Bishop, $392
Lambert, Brenda Carda, $162
Lincoln, Kevin Moore, $600
Lewis & Clark, Carol Conkell, $2116
Lincoln-McKinley, Page Falconer, $518
Lolo, Orville Getz, $1548
Longfellow, Deanna Scott, $1137
Meadow Hill, Barbara Lacko,$267
Miles City All-city, Mary Lou Falconer, $4676
Napi, Ann Babcock, $2082
Nashua High, John Jones, $987
Opheim, Ray Wanty, $342
Paradise, James French, $334
Paxson/Willard, John Taylor, $1928
Plains High, Paul Dumas, $1756
Polson Middle, Teresa Thompson, $1640
Prescott, Billy Ann Merila, $461
Rau Elem., Sharon Rau, $1742
Russell, Carolyn LaCombe, $5212
Saco High, Allen Hill, Jr., $460
Sacred Heart, Sue Kosmas, $125
St. Mary's, Tammy Berquist, $1993
St. Regis, Rebecca Bechen, $1409
Somers, Darris Flanagan & William Ackley, $670
Stevensville Elem. & Jr. High, Cissy Filcher & Colleen Koepplin, $1422
Sunnyside, Pamela Honnold, $1464
Swan Valley, Diann Wiesner, $509
Twin Bridges, Georgia Nye, $1574
Ulm, John Spurzem, $243
Valley View SDA, Lawrence Rogien, $1207
Western Montana College, Dona Wallace, $392
Westview Jr. High, Mary Kay Jacobson, $807
Whittier, Carol Williams, $637
Willson Middle, Terri Reisig, $8312
Winnett, Tim Anderson, $281
Washington, Craig Olson, $1220

A PRUDENT APPROACH TO ACCIDENTS IN THE SCHOOLS

BY
ROBERT GRUENINGER
CHAIRPERSON OF HPER
AND
HARRY HARKINS
PROFESSOR OF HPER
EASTERN MONTANA COLLEGE
BILLINGS

School districts in the United States have always claimed immunity from negligence suits by way of the doctrine of governmental immunity. This English common law was established by British Parliament and was in effect in this country at the time of the American Revolution. At the present time, however, it is difficult to judge the status of this immunity from state to state because many court cases have found it to be archaic and unfair. The net result of this evolution in school law is that school boards can and will be sued. Therefore it should be a prime concern of every school board to develop an accident care and prevention policy that is comprehensive, prudent, and clear. The following routine contains suggested methods that will allow school personnel to handle an emergency, document and report the facts of the case, and make sure that the problem does not happen again.

When a potentially serious accident or sudden illness occurs, the adult at the scene should: 1) Send for help immediately. This call may be to the nurse, the physical education instructor, or to some other previously designated person with a thorough knowledge of first aid procedures. 2) Check for life threatening problems, such as a blocked airway, stoppage of breathing, severe bleeding, poisoning, or shock. Do not diagnose. 3) Avoid moving the injured child unless further danger threatens. In most cases, bring the help to the student. This is particularly important in accidents involving a fall or caused by a blow. 4) Attempt to calm and orient the victim by identifying himself, staying calm, making the child comfortable, and preventing the child from seeing a severe injury.

Once the student has been cared for and the responsibility has been transferred to a responsible person, the teacher should: 1) Write down the circumstances of the accident, using the proper form if one is available, 2) Suggest that a school official notify the parents of the student and/or the family physician, 3) Take a look at the student's health record to determine if a special health condition may have precipitated the accident or sudden illness, and 4) Finally, the teacher should make sure, to the best of one's ability, that the situation does not reoccur.

This may require such preventive measures as: 1) Discussing the problem with other students, 2) Making new rules, 3) Blocking off or repairing damaged or unsafe equipment, or 4) Adjusting the physical environment (heat, light, acoustics, water seepage, etc.)

The teacher must always remember that he or she bears primary responsibility for the prevention of accidents and for seeing that proper first aid is rendered when they do occur.

MAHPERD membership and Convention Pre-registration fee includes: All MAHPERD membership benefits, sessions featuring top clinicians in the nation, Thursday luncheon, Thursday social and dance.

1986
MAHPERD CONVENTION

FEATURING

THE PRESIDENT'S COUNCIL
ON
PHYSICAL FITNESS AND SPORTS

18 TOP CLINICIANS

PRE-REGISTER AND SAVE

WORK WITH AND LEARN
FROM THE BEST

50 EXCITING, DIVERSE
SESSIONS

DON'T MISS THIS OPPORTUNITY

IT HAS BEEN OVER A DECADE SINCE THE
COUNCIL HAS BEEN IN MONTANA

FROM THE PRESIDENT:

You cannot miss this year's MAHPERD Convention!

We are very excited and pleased to feature the President's Council for our annual convention. The President's Council has a very full and exciting program scheduled for you. You don't want to miss out on this great opportunity.

The Council only puts on four clinics per year in selected sites across the U.S., and this year one is MONTANA. It has been more than ten years since the Council was last in our area.

Take advantage of this great chance to work with and visit some of the nation's best clinicians. The program is diverse. You'll have a hard time choosing which sessions to go to each hour. You'll want to go to several at a time!

Plan to attend this special convention. Make your advanced reservations. PRE-REGISTRATION IS VERY IMPORTANT; IT WILL SAVE YOU MONEY! Pre-registration will be your admittance to the important luncheon General Session and fun-filled social.

In addition to the outstanding program offered by the President's Council, the MAHPERD Board has gone all out to provide a very special ALL CONVENTION SOCIAL for you this year! Come prepared for an evening of FUN, 50-60's STYLE with Al Moller, a very popular showman fron the West Coast. Al will provide a special party complete with all the "old" favorites in music, dance, games, slides, contests, and refreshments. Dress casually or let go and dress 50-60's style.

REGISTRATION
1986 MAHPERD CONVENTION

Pre-registration must be RECEIVED by Saturday, October 11

PLEASE PRINT

Name:_____
(Last) (First)

Home Address:_____
(Street) (City) (Zip) (Phone)

School/Business:_____
Address:
_____
(Street) (City) (Zip) (Phone)

Primary Area of Interest: Health P.E. Recreation Dance
(Circle one or two) Coaching Other(specify)_____

Are you a first time member? Yes No

Were you a Jump Rope for Heart Coordinator in 85-86? Yes No

Select one membership category:

Professional:_____ ($15.00)
Student: _____ ($5.00)
Retired: _____ (No cost)

MAIL TO : Helen Chrest
1986 MAHPERD Convention
Box 179
East Helena, MT 59635

Select one convention category:

Pre-registration Professional	$50.00	____
Pre-registration Student	$40.00	____
On-site Professional (does not include Thurs. luncheon)	$60.00	____
On-site Student (does not include Thurs. luncheon)	$50.00	____

ONE DAY REGISTRATION:

Pre-registration Thursday Only - $30.00 + appropriate membership ____

On-site Thursday Only - $40.00 + appropriate membership ____

Pre-registration Friday Only - $15.00 + appropriate membership ____

On-site Friday Only - $20.00 + appropriate membership ____

Social Only - (for spouse) - $10.00 ____

TOTAL:

Received:_____

HELENA AREA CHAMBER OF COMMERCE MEMBERS
HOTEL AND MOTEL LIST

Name	Units	1P/1B	2P/1B	2P/2B	3-4P/2B
Official convention headquarters					
Colonial Inn 2301 Colonial Dr. 443-2100	121	$42/54		$48	
Identify yourself as MAHPERD member for room discount					
Coach House (Downtown) 910 N. Last Chance Gulch 442-6080	125	$33	$36	$38	$45
Coach House (East) 2101 11th Ave. 443-2300	74	$36	$39	$44	$44/46
Imperial 400 524 N. Last Chance Gulch 442-0600	47	$26	$30	$34	$36/39
Iron Front Hotel 415 N. Last Chance Gulch	35	$10/11	$12	$15	$17
Jorgenson's 1714 11th Ave. 442-1770	101	$30	$36	$38	$42
Knight's Rest 1831 Euclid Ave. 442-6384	9	$20/24	$24/28		
Lamplighter Motel 1006 Madison 442-9200	12	$20	$23	$28	$32
Park Plaza Hotel 22 N. Last Chance Gulch	71	$36	$38	$38	$42/46
Shilo Inn 2020 Prospect Ave. 442-0320	47	$36/50	$42	$50	$46/50
Super 8 2201 Prospect Ave. 443-2450	56	$23.80	$28.80		$32.88/34.88
Thrifty Scot 2001 Prospect Ave. 442-3280	97	$25.90 $27.90	$30.90 $32.90	$35.89	

TENTATIVE PROGRAM

MAHPERD CONVENTION

MONTANA STATE CLINIC ON PHYSICAL FITNESS AND SPORTS

CARROLL COLLEGE, HELENA, MT

OCTOBER 16-17, 1986

THURSDAY, OCTOBER 16:

7:00 - 8:00 a.m. REGISTRATION

8:15 - 9:15 a.m. FIRST GENERAL SESSION

"WAKEUP WORKOUT"
Clinician: Lisa Kanner (Vigorous exercise program to get the blood flowing)

9:30 - 10:30 a.m. SECOND GENERAL SESSION

Invocation
Welcome
Introduction of Clinicians: Glenn Swengros, Director, Federal-State Relations, PCPFS

Program Review and Introduction of Keynote Speaker, Dr. Ash Hayes, Executive Director, PCPFS

10:45 - 12:00 CONCURRENT SESSIONS

1. SELF-TESTING ACTIVITIES FOR ELEM. AND JR. HIGH STUDENTS. (A program adaptable to any area, climate, or age level, with minimum equipment. Includes objective evaluation. Clinician: Dee DaBramo.

2. RACQUETBALL I. (Teaching basic skills.)

3. DARE TO DESIGN. (How to design strength development programs for a wide variety of people. In-depth info. on program development and machine techniques.) Clinician: Lynn Black

4. TEACHING EXERCISE SCIENCE DURING ACTIVITY. (Review of basic concepts

of fitness and exercise principles and demo of integrating these concepts with instruction in activities.)
Clinician: Ash Hayes

5. GYMNASTICS I. (How to teach beginning skills.)
Clinician: John Pancott

12:00 - 2:15 LUNCH BREAK

2:30 - 3:45 p.m. CONCURRENT SESSIONS

6. GROUP ACTIVITIES FOR ELEM. AND JR. HIGH STUDENTS. (Mass activities to develop coordination, endurance, and strength for large and small groups.)
Clinician: Dee DaBramo

7. WOMEN'S VOLLEYBALL I. (Teaching basic skills.)

8. BADMINTON I: TEACHING BEGINNING BADMINTON. (Facts about the game and establishing a concept of purpose.)
Clinician: James Breen

9. FITNESS ASSESSMENT TECHNIQUES. (Basic techniques and how to convert results into personalized exercise prescriptions. Also, how to teach lifetime fitness skills and implementing programs for co-workers.)
Clinician: Lynn Black

10. RHYTHMIC GYMNASTICS: NEW DIMENSIONS. (Use of hoops, ribbons, and balls adds a new dimension.)
Clinician: Joan Sullivan

11. GYMNASTICS II. (Teaching intermediate level skills.)
Clinician: John Pancott

12. PHYSICAL RECREATION PROGRAM DEVELOPMENT: A MODEL. (Techniques of planning and promoting fitness programs through recreation and parks depts. Strategies for promotion, obtaining resources, and maintaining high level participation.)
Clinician: Matthew Guidry

13. INTRODUCTION TO RUNNING. (Analysis of elements of jogging and running. Warmup and cool down exercises, pace, frequency, intensity, and clothing.)
Clinician: Glenn Swengros

4:00 - 5:15 p.m. CONCURRENT SESSIONS

14. VIGOROUS CO-ED ACTIVITIES IN SECONDARY PHYSICAL EDUCATION. (Participants engage in a variety of physical activities that can be performed co-ed: warmup games, circuit training, team development, and competitions for score/prizes.)
Clinicians: Joan Sullivan and Glenn Swengros

15. WOMEN'S VOLLEYBALL II. (Teaching offense and defense skills.)

16. BADMINTON II: TEACHING BEGINNING BADMINTON. (Development of teaching for stroke development, drills, and conditioning. Also, basic strategies for singles, doubles, and mixed doubles.)
Clinician: James Breen

17. RACQUETBALL II. (Intermediate level skills, offense, and defense.)

18. EXPLODING THE MYTHS RE WOMEN AND WEIGHT TRAINING. (Explores ways to dispel the myths, promote weight training and design programs to fit the needs of women.)
Clinician: Lynn Black

19. DANCE AEROBICS. (One hour session: warmup, upper body work, 20 min. routine, floor work and cool down. Also, new steps and update on aerobic certification.)
Clinician: Lisa Kanner

20. GYMNASTICS III. (Advanced skills and stunt analysis.)
Clinician: John Pancott

21. WALKING FOR EXERCISE AND HEALTH. (Rediscover the benefits of walking and learn how to develop your own program.)

Clinician: York Onnen

FRIDAY, OCTOBER 17:

8:00 - 9:00 a.m. THIRD GENERAL SESSION

PCPFS REPORT
Speaker: Ash Hayes

9:15 - 10:15 a.m. CONCURRENT SESSIONS

22. IDENTIFYING STUDENTS LACKING IN BASIC SKILLS: GRADES K-3rd. (A new approach to assisting students in need of additional physical skills.)
Clinician: Dee DaBramo

23. AEROBIC CONDITIONING CHOICES.
Clinician: Joan Sullivan

24. NUTRITION FOR FITNESS. (New U.S. dietary guidelines and nutrition tips.)

25. SPORTS MEDICINE: APPLICATIONS FOR P.E. AND ATHLETICS. (Review of recent developments in sports medicine/ exercise science and application in P.E. and athletics.)
Clinician: Ash Hayes

26. SOCCER I. (Teaching basic skills.)

27. TENNIS I. (Teaching beginning skills.)

28. CROSS COUNTRY SKIING I. (Equipment and basic techniques.)

29. "LIGHT AND EASY" - NON-IMPACT AEROBICS. (A less intense form of aerobics, highlighting special concerns of overweight and high risk adults.)
Clinician: Lisa Kanner

30. WATER EXERCISES. (Participants will learn, in water, vigorous activities that make major contributions to flexibility, strength, and circulatory endurance.)
Clinicians: Glenn Swengros and York Onnen

10:30 - 11:30 a.m. CONCURRENT SESSIONS

31. COMPETITIVE SPORTS FOR THE HANDICAPPED. (Demonstration of both individual and team sports.)
Clinician: Dee DaBramo

32. PHYSICAL FITNESS TESTING. (PCPFS testing philosophy and demo on new Presidential Youth Fitness Challenge for ages 6-17.)
Clinician: Ash Hayes

33. WORKING THE MEDIA FOR PROGRAM SUPPORT (How to develop a plan to support your P.E./fitness program and how to reach the broadcasting community.)
Clinician: York Onnen

34. FITNESS IN BUSINESS AND INDUSTRY. (Discussion on development of workplace fitness programs in the U.S.A. and classification of programs.)
Clinician: Glenn Swengros

35. RUNNING INJURIES: DIAGNOSIS AND TREATMENT. (Diagnosis and treatment, including exercise rehab. Also, different type shoes and use of orthotics.)
Clinicians: James Breen, Sheldon Konecke, and Thomas Fleeter

36. SOCCER II. (Teaching intermediate level skills.)

37. TENNIS II. (Teaching intermediate level skills.)

38. CROSS COUNTRY SKIING II. (Continuation: equipment and basic techniques.)

39. SENIOR ADULT FITNESS ACTIVITIES. (Safe and fun type activities featuring : aerobic activities, posture, emergency movement skills and hand apparatus.)
Clinician: Joan Sullivan

11:45 - 12:45 CONCURRENT SESSIONS

40. CONTINUOUS RHYTHMICAL EXERCISES. (Hard/easy interval training shows how to work out for 60 minutes and

end up feeling good.)
Clinician: Glenn Swengros

41. STRESS REDUCTION TECHNIQUES. (Methods of reducing tension through mental and muscular relaxation techniques.)
Clinician: Joan Sullivan

42. FITNESS TRAILS: SELF-DIRECTED CONDITIONING SYSTEMS. (A program for mass participation. Strategies for obtaining funds, type of trail, promoting the idea, and maintenance and upkeep.)
Clinician: Matthew Guidry

43. RUNNING INJURIES: DIAGNOSIS AND TREATMENT. (Continuation of earlier session.)
Clinician: James Breen, Sheldon Konecke, and Thomas Fleeter.

44. SOCCER III. (Offense and defense strategies.)

45. TENNIS III. (Continuation of earlier sessions.)

46. CROSS COUNTRY SKIING III. (Continuation of earlier sessions.)

47. PRINCIPLES OF CONDITIONING FOR MEN AND WOMEN: EXERCISE "DO'S AND DON'TS" ("Do's and don'ts" for all body parts, with emphasis on special concerns of adults. Appropriate for those working in the field of adult fitness.)
Clinician: Lisa Kanner

12:50 - 1:00 p.m. FOURTH GENERAL SESSION

SUMMARY AND GOODBYE

Presiding: Jeri Domme and Glenn Swengros

PROMOTING HEALTH FOR THE HEALTH OF IT

BY
DAWN GRAFF-HAIGHT
DIVISION OF HPER
EASTERN MONTANA COLLEGE
BILLINGS

Ted was an elementary school principal with dreams of becoming a school superintendent. He was working on his doctorate in education administration when he dropped dead of an aortic aneurism. Ted was 34 years old.

Looking back, those of us who were close to Ted put together some of the pieces that could have contributed to his premature death. He was a smoker. His position as a principal had its share of stress and the demands of family and graduate work only compounded it. The only technique he regularly employed to manage this stress came in the form of alcohol. At one time a hulking college football player, Ted no longer had time to enjoy physical activity. He also didn't have time to see the doctor about the pains he had been experiencing in his left shoulder. Unfortunately, Ted's time ran out completely. As a result, we lost a fine principal and a good friend.

Ted's is not an isolated case. Fact is, of the ten leading causes of death in the United States, most are related to health behaviors over which we have control. And that means that there are things we can do to prevent premature death. One way to reduce risk of premature death is through health promotional activities.

The whole concept of health promotion is far reaching. Outcomes include increase of productivity. People who feel good get more done. It is also important to look at the economic outcomes that are possible. Premature deaths cost U.S. industry $25 billion and 132 million work days each year. According to the National Institutes of Health, the average white-collar company might save about $466,000 a year in medical costs per year per 1,000 employees through health promotional activities. In addition, the cost of replacing the trained employee who is felled by stroke or heart attack is nowhere near the cost of providing activities that can help the person to avert such an event from occurring.

What is our role as MAHPERD professionals in the promotion of health in our schools and our communities? Health, physical education, recreation, and dance all imply ACTION. And that is the role that we must take. We can take an active role in a number of ways. First, our training is such that we can help to provide activities that promote adoption of healthy lifestyles. We can offer programs in fitness, nutrition, and stress management. We can do our part in assessing health-related fitness components of our colleagues and students. We have access to the people, the facilities to provide these programs, and the knowledge and skills necessary to conduct these activities reliably.

Another way we can promote health in Montana is by working to change the school environment. We can display health-related information, pamphlets and posters in the teacher's lounge and throughout the school -- the library, locker rooms, gymnasium, and cafeteria. We can work to promote healthy behaviors by adopting regulations to be

followed within the school -- restrict or ban smoking in the school and remove candy machines from cafeterias. We can work toward the adoption of local and state commitment to formal health education for kindergarten through the high school grades.

Perhaps the most important role we can take is that of a healthy role model. It is said that actions speak louder than words. This is true of our health behaviors. Our students and peers do watch us. We teach them such important lessons when we walk to school instead of drive; quit smoking; ask a friend for a lift home when we've had a couple beers; buckle our seat belts whenever we get into a vehicle; and ever so many other healthy practices. We are telling them that we BELIEVE that practicing healthy behaviors makes a difference.

MAHPERD MEMBERS INVITED TO HAWAII BY RICK KENDALL ALASKA AHPERD PRESIDENT

We would like to extend an invitation to MAHPERD members to attend the Alaska AHPERD Conference, December 27, 1986 - January 2, 1987 at the King Kamehameha Hotel, Kona, Hawaii. Credit courses will be available. Conference theme this year is LIFETIME FITNESS. Why not make this Christmas something truly special? For more information, please contact Trudi Zelko, Hawaii 2000, 2810 Manoa Road, Honolulu, Hawaii 96822.

ROCKY MOUNTAIN RENDEZVOUS

JUMP ROPE FOR HEART DEMONSTRATION AND TEAM EXTRAVAGANZA TO BE HELD IN CONJUNCTION WITH THE 1987 NORTHWEST DISTRICT AAHPERD CONVENTION BILLINGS, MONTANA

March 19, 20, 21, 1987

Demo Team Workshops and Sharing
Public Performance
Convention Exhibitions
Clinic for Teachers and Students

FOR MORE INFORMATION CONTACT:

Emilee DeKam
Coordinator
MAHPERD JRFH
Box 13, Pinecrest
Clancy, MT 59634

OR

Greg Newman
Heart Association
510 1st Ave. North
Great Falls, MT 59403

THE FOLLOWING IS PROVIDED AS A SERVICE OF THE LEGISLATIVE AFFAIRS COMMITTEE FOR TEACHERS TO PUBLICLY PROMOTE DAILY PHYSICAL EDUCATION WITHIN THEIR LOCAL SCHOOLS

IN THE SENATE OF THE UNITED STATES
JOINT RESOLUTION

To encourage state and local governments and school boards to require quality daily physical education programs for all children in grades K-12.

Whereas physical education is essential to the physical development of the growing child;

Whereas physical education helps improve a child's overall health by increasing cardiovascular endurance, muscular strength and power, flexibility, weight regulation, improved bone development, improved posture, skillful moving, increased mental alertness, active lifestyle habits, and constructive use of leisure time;

Whereas physical education helps improve a child's mental alertness, academic performance, readiness to learn, and enthusiasm for learning;

Whereas physical education helps improve a child's self-esteem, inter-personal relationships, responsible behavior, and independence;

Whereas children who participate in quality daily physical education programs tend to be more healthy and physically fit;

Whereas physically fit adults have significantly reduced risk factors for heart attacks and strokes;

Whereas the Surgeon General, in establishing the Objectives for the Nation, recommends increasing the number of school-mandated physical education programs that focus on health-related physical fitness;

Whereas a quality daily physical education program for all children grades K-12 is an essential part of a comprehensive education;

Now therefore, be it

RESOLVED BY THE SENATE AND HOUSE OF REPRESENTATIVES OF THE UNITED STATES OF AMERICA AND CONGRESS ASSEMBLED THAT THE CONGRESS ENCOURAGES STATE AND LOCAL GOVERNMENTS AND SCHOOL BOARDS TO REQUIRE QUALITY DAILY PHYSICAL EDUCATION PROGRAMS FOR ALL CHILDREN IN GRADES K-12.

FINDING A JOB IN HPER

BY
JACKIE NYE
EASTERN MONTANA COLLEGE
MAHPERD STUDENT
REPRESENTATIVE

Are there job opportunities for HPER graduates? In our field, it seems that jobs are presently fairly limited in the state of Montana. It also appears that jobs are slightly more abundant outside the State in the areas of health spas, parks and recreation departments, and physical therapy.

The relative demand for physical education teachers had the lowest scores on a survey taken of college teacher placement officers in the continental United States by James N. Akin of Kansas State University. Akin's results appear below in a condensed form. NOTE: 5=greatest demand, 1=least demand. Data is for 1986.

Considerable shortages:
Math.....4.55
Physics.....4.44
Chemistry.....4.40
Bilingual Ed.....4.27
Special Ed.....4.25

Some shortages:
Computer Science.4.22
General Science..3.82
Biology.....3.65
Reading.....3.46

Balanced supply:
Psychologist.....3.43
Library.....3.39
Industrial Arts..3.30
English.....3.25
Instrumental.....3.14
Business.....3.11
Counselor.....3.04
Vocal.....2.95
Journalism.....2.93
Primary teacher..2.70

Some surplus:
Home Ec.....2.51
Driver Ed.....2.46
Art.....2.20
Social Science...2.11
HEALTH ED.....1.92

Considerable surplus:
PHYSICAL EDUC....1.60

Some simple advice to future graduates: getting a job is not impossible. If you are a good teacher, you should expect to get a job. It may take some time, but eventually the opportunity will arise. Remember, limitations exist only in your mind.

CHILDREN NEED QUALITY DAILY PHYSICAL EDUCATION

Children need quality daily physical education because:

1. Physical education helps improve a child's overall health by increasing:
a) cardiovascular endurance,
b) muscular strength and power,
c) muscular endurance,
d) flexibility,
e) weight regulation,
f) improved bone development,
g) improved posture,
h) skillful moving,
i) increased mental alertness,
j) active lifestyle habits,
k) constructive use of leisure time.

2. Physical education helps improve a child's mental alertness, academic performance, readiness to learn, and enthusiasm for learning.

3. Physical education improves a child's self-esteem, interpersonal relationships, responsible behavior and independence.

The American Alliance for Health, Physical Education, Recreation and Dance, and the President's Council on Physical Fitness and Sport support daily physical education programs for all children in grades K-12.

The above facts have been forwarded to the Secretary of Education for consideration in the United States Department of Education Study of the Elementary Schools, 1986. Research is available from AAHPERD, 1900 Association Drive, Reston, VA.